



The Examiner

Naval Hospital, Twentynine Palms

"Serving with Pride and Professionalism"

Volume 3, No. 12

December 1995

Spotlight On...

Hours expand at Military Sick Call

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

To increase the provision of efficient medical services to the Marine Corps Communications-Electronics School (MCCES), and in keeping with the readiness issue as one of the top priorities of the Navy's Surgeon General and the Commandant of the Marine Corps, the Naval Hospital's Military Sick Call at the Marine Corps Air Ground Combat Center (MCAGCC) is now open for business at 0600 vice 0730 Monday through Friday. The 1600 secure time for Sick Call remains unchanged.

"Between July and October of this year we have seen 8,400 patients at Military Sick Call, about 85 percent of those patients came from MCCES," said HMCS Dennis Preston, of Military Sick Call. "The students at MCCES start their classes between 0730 and 0800, so if they are sitting in Sick Call waiting to be seen, they are missing out on some very important classroom time, thereby directly effecting readiness," said Lieutenant Commander Melissa Clifford, Head, Military Sick Call Department.

To remedy the problem, the leadership at Naval Hospital Twentynine Palms and MCCES got together to come up with a plan. A total of four options were looked at to improve medical services to MCCES. One option was to set up an Independent Corpsmen at MCCES to screen patients and to issue "cold packs" to those who just needed cold medication and to refer other

patients on to Sick Call. This was determined to be an inefficient use of an Independent Corpsmen and costly in ordering the medications. Another idea floated was to set up at MCCES to conduct

Sick Call there, but according to HMCS Preston, the logistics of where the medical records were kept and moving them back and forth, and again the work load would

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All about Info-Link QMB



Members of the hospital's Info-Link Quality Management Board proudly show off their T-shirts and ball caps with their QMB logos. Seated from left, CAPT James Fowler, Michelle Delamarter, LT Sarah Shultz and Dan Barber. Standing from left, LT Kris Bingham, David Marvel, LT Phil Blaine and HM2 Jamano Price.

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

In a recent *Examiner* column Captain S. E. Hart, Executive Officer of the hospital wrote, "To carry out our strategic plan, we need to enlist the brain

power and diverse input of as many of our people as we can. We have decided to do this through the use of QMBs (Quality Management Boards)."

To operate a new state-of-the-art Naval Hospital, it stands to reason that state-of-

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Hart of the Matter!

Surgeon General's Leaders Conference - 1995

As it is impossible to recap a four-day conference on one page, I will summarize only the Surgeon General's (VADM Koenig) remarks and the remarks of the keynote speaker, General C. Krulak, Commandant of the Marine Corps. I will further focus down on one topic they both addressed -- readiness. This is not the first time I have talked about readiness in this column of our newsletter, but I choose to address it again because it is so crucial to what we (the Navy Medical Department) do. So I here summarize their combined remarks.

The existence of Navy Medicine (all DoD medicine actually) is dependent on our support of operational readiness

Let's start with the bottom line: The existence of Navy Medicine (all DoD medicine actually) is dependent on our support of operational readiness. Period. If we can't defend the existence of a program or service or medical specialty or training program on the basis of operational readiness, then that program is destined to go away. That program or service or specialty will be turned over to the civilian sector. You say, "Well that doesn't make sense, it will cost more." Perhaps... but cost is not the critical issue -- number of people in uniform, i.e. end strength is the critical issue. There are tremendous forces at work in Washington

High Recognition...



HM2 Russell Easton receives a CG Letter of Commendation.



Captain S.E. Hart

to cut deeply into the number of people in uniform in the Medical Departments of the military.

So are we lost? Is it over? Should we start looking for civilian jobs? No. But we do have to start paying more attention to readiness. We have to provide services that focus on readiness.

Before we go further, I will define "readiness" as seen through the eyes of the Surgeon General and the Commandant of the Marine Corps.

Surgeon General [paraphrased]: Readiness in peace time is keeping the Sailor and Marine on the job, not in the hospital, not in the clinic, not waiting in line at the pharmacy or lab or physical therapy, etc. Readiness is taking "medical care to the deckplates." "The deckplates" means to the job site, to the barracks, to the training site.

The Commandant's slant is more directed at wartime preparation (although probably in agreement with the above also). The Commandant's main point relative to medical readiness in support of Marines during hostile actions is that we don't train under realistic conditions and, therefore, we have unrealistic expectations of how to perform in actual wartime conditions. For example: Instead of long lead time preparation to go to a predetermined location and set up a preset fleet hospital on a preset schedule, we should utilize a scenario that dictates short lead time (hours) to establish a medical care facility in an unfamiliar location and then actually break out real AMAL equipment

and use it. Only then will we discover organizational shortcomings and material deficiencies and learn how to adjust procedures and compensate for supply deficits.

I want to add that the Commandant had only high praise for the motivation and skill of all Navy medical department care givers. His point was that although we are extremely capable and inherently skilled, we hamper our own abilities by artificiality in our training. The Commandant emphasized that because of increased battlefield weaponry sophistication, we can expect more casualties on the battlefield of the future than ever before and we have to be prepared and expect the unexpected.

Well, there you have it. A condensation of the remarks on readiness of our Surgeon General and Commandant.

Readiness has been talked about a lot in Navy Medicine in years past. I think we've now reached a point of reality. We are going to have to walk the talk as never before. Our hospital is going to review how we support the Surgeon General and Commandant's views of readiness. If there is a way within our control to improve our readiness support of the Marines, we will do it.

The **EXAMINER** Newsletter is an authorized publication of the U.S. Naval Hospital, Twentynine Palms, CA 92278-8250. The views expressed in this publication are not necessarily those of the Department of the Navy.

Commanding Officer

CAPT. C.S. CHITWOOD, MSC

Executive Officer

CAPT. S.E. HART, MC

Public Affairs Officer/Editor

DAN BARBER

The **EXAMINER** welcomes your comments and suggestions concerning the newsletter. All comments should be forwarded to the Public Affairs Office by the 15th of each month. The Public Affairs Office telephone number is (619) 830-2362.

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The **EXAMINER** staff would like to thank all those who participated in this edition.

Commanding Officer's Fraternization Policy Statement

It is my personal commitment to ensure an environment free from fraternization at Naval Hospital, Twentynine Palms. These relationships impact upon good order and discipline through (or the appearance of) favoritism or preferential treatment.

Fraternization is:

- Any personal relationship between an officer and an enlisted member which is unduly familiar and does not respect differences in rank and grade.

- Any personal relationship between officers or between enlisted members which is unduly familiar and does not respect differences in rank and grade where a senior-subordinate supervisory relationship exists.

Additionally relationships in which a senior-subordinate relationship exists between civil service employees and military members or between civil service supervisory-subordinate employees could leave the impression of preferential treatment. These relationships are also prohibited due to their impact upon morale.

Fraternization is a gender-neutral concept. Its focus is on the senior-subordinate relationship, not the gender of the members involved.

Proper social interaction among officer and enlisted members has always been encouraged to enhance unit morale and esprit de corps. Unduly familiar personal relationships, however, between officers and enlisted members are contrary to naval custom for they undermine the respect for authority essential to accomplish the military mission.

Naval Hospital Officers will not have purely social dealings with enlisted members. A "purely social" event is one lacking an official connection with the Naval Hospital or Navy/Marine Corps activities. The senior member or officer will specifically NOT have purely social dealings with/or date subordinate employees and/or enlisted members. This precludes officers and/or supervisors from having enlisted and/or subordinates visit their quarters on or off base to dine, drink, house sit, or socialize in a manner that gives the perception of unprofessional familiarity or informality.

The above prohibitions are not intended as blanket prohibitions; it is NOT meant to discourage all personal contact between seniors and juniors or between officers and enlisted members. Traditional relationships between Sailors/Marines, to include after-

hours recreational activities, are encouraged as long as personal conduct in such activities promotes good order and discipline.

For example:

- It is correct for an officer/supervisor to take a group of enlisted members/subordinates on a tour of the Joshua Tree National Park, as long as proper relations between Sailors/employees and proper decorum are maintained. It is NOT correct for an officer/supervisor to have an enlisted member/subordinate party in his/her quarters. The location, as well as the nature the officer/enlisted and/or supervisor/subordinate association will also determine whether the activity is acceptable or unacceptable. Social gatherings in public settings foster professional behavior and prevent the perception of impropriety.

- It is correct for any officer/supervisor to provide counseling/tutoring to a (group of) junior (s), as long as the personal conduct involved is professional. It is NOT correct for either the senior or the junior to become emotionally involved or to use the situation for business purposes.

- Each year, married Sailors/Marines of MCAGCC have opened their hearts and homes to young Sailors/Marines away from home during the holiday season, inviting

them to share in Thanksgiving and Christmas meals in a family environment. This practice is encouraged as a means of "taking care of our own."

- Similarly, activities such as section/unit parties, unit farewell parties, hospital combat center or MWR functions and activities, or other functions and activities specifically endorsed by the Commanding General or this command are allowed. The requirement for Sailors/Marines to conduct themselves in a proper and professional manner remains.

- Precise examples of proper conduct in all situations cannot be given, nor can the need for common sense be obviated. Sailors are encouraged to seek guidance from their chain of command.

Naval Hospital employees, both military and civilian, are expected to maintain the highest personal and professional standards and refrain from inappropriate relationships. Fraternization will not be tolerated or condoned at this command. Employees who engage in fraternization will be subject to disciplinary action.

Look for a new policy statement coming out in January 1996.

C.S. Chitwood, Commanding Officer
Naval Hospital Twentynine Palms

The future is now for Hospital Pharmacy refill system

Automated Voice Recognition Module adds convenience for patients

Imagine speaking to a computer to refill your prescription medication... this is not the year 2001, but today.

The Naval Hospital Twentynine Palms Pharmacy has just installed a Voice Recognition Module in their automated prescription refill machine.

The Voice Recognition Module allows patients to speak their prescription refill information via telephone into a computer database which then processes the information and informs patients as if the prescription can be filled and when the refill may be picked up. If the refill has been called in too early, the computer will let the patient know the earliest date when the prescription may be refilled.

The Voice Recognition Module has allowed the Pharmacy to extend the hours of calling in prescription medication to 24 hours a day, seven days a week.

For more information, please call the Naval Hospital Pharmacy at 830-2448 or drop by the Pharmacy for a detailed instruction sheet on how to use the automated prescription service.

Chaplain's Corner

Your Christmas Gift

*By LT Samuel Ortega, Chaplain
Naval Hospital Twentynine Palms*

The Christmas season is the time when families and friends get together to share each others love by giving or doing something special. Each gift can be unique and vary in prize. But the same message is received, 'You are very special, and I love you.' I guess part of the excitement is to see the person's reaction when they open their gift. If it's positive you feel pretty good, but if it's negative you feel bad. Usually, you'll keep their reaction in your mind for sometime.

*Back two thousand years
ago God gave us a very
special and unique gift that
money cannot buy*

Back two thousand years ago God gave us a very special and unique gift that money cannot buy. Through the Virgin Mary, God sent His Son to this world to offer us eternal life and show us how to live an abundant life. Jesus Christ began to unwrap this gift as a baby in a little town named Bethlehem. The world had been waiting with great anticipation. As the scriptures testify, there were three wisemen that traveled many miles to witness and receive this gift. It was a sacrifice, but they knew its value. In appreciation, they gave baby Jesus some gifts. They gave Him gold, frankincense, and myrrh. These gifts were not cheap. The scriptures don't tell us what Jesus did with these gifts, but I'm sure He appreciated the expression of love.

During the Christmas season we have another opportunity to examine our hearts to see if indeed we have accepted God's gift of love and life. The gift God gave to these wisemen is also offered to you. All you have to do is tell Him that you want Him in your heart. Immediately, He will grant your request. It doesn't matter who you are or what you have done in the past, He loves you. God's greatest desire is to live in your



LT Samuel Ortega

heart and teach you how to love and care for other, now and forever. God's gift can only result in joy and peace. You have nothing to lose, only to gain.

When a person accepts God's gift of love

and life, I'm sure He gets excited to see our reaction as we unwrap our gift. In the same respect, I'm sure He feels very sad when we ignore or take for granted the precious gift He offers us. The scriptures tell us in Luke 15:7 that there is more joy in heaven over one sinner that accepts God's gift than over 99 persons who think they don't need it. How have you responded?

As you come together with family and friends during this season, don't forget what has been offered to you. It's so easy to forget the meaning of Christmas when we're running here and there buying gifts and organizing everything else. Spend some time meditating on what He has done and is willing to do in your life. Read Matthew 1:18-25; 2:1-23 before you unwrap your gifts this year. This will be an added blessing to your holiday. Daily I thank God that He doesn't forget about me even though He has the whole universe to run. Remember, nothing in this universe can separate us from His love. Have a Merry Blessed Christmas.

All about TRICARE

What is TRICARE?

TRICARE is a managed health care system which combines the medical assets of Army, Air Force and Navy in central and southern California to serve you, the beneficiary, better.

What is managed health care?

Managed health care is a system designed to provide you with the proper level of health care services in a timely manner, at the right location, and with the appropriate type of provider.

What does TRICARE do?

TRICARE helps you get better access to specialty care. TRICARE insures continuous quality health care. TRICARE adds another dimension to health care by stressing individual involvement in preventive and wellness promotion programs and encouraging health life-styles.

Who do Active Duty personnel have to enroll in TRICARE?

Providing health care to Active Duty personnel is our number one priority, however, we must first identify both our requirements and our capacity to meet those requirements. Enrollment data will provide the basis for appropriate distribution and use of shared medical resources.

How will TRICARE affect Active Duty personnel?

Most Active Duty personnel will see no change in the way they get their health care except for some improvements. Active Duty personnel will continue to receive all their health care from their assigned Military Treatment Facilities.

Summary:

TRICARE is Military Medicine.

TRICARE will enhance military readiness by allowing the military medical community to better assess and meet Active Duty medical requirements.

Active Duty personnel will continue to receive all their health care through the Military Treatment Facilities.

Those Active Duty personnel who have families or who would like more information on TRICARE should contact the Health Benefits Advisor at 830-2572.

It's a Holiday -- Eat it All!

By Elaine T. Grossman, M.S., R.D.
Naval Hospital Dietician

In the midst of the holiday season, we all worry about the feeding frenzy that seems to come over us at this time of year. For many of you, you have just taken off last year's weight gain, deprived yourself for 11 months and the thought of starting that cycle all over again is almost unbearable. This is the year to break that cycle.

The premise of my weight control philosophy is NOT to diet at special holiday meals. The one meal out of 21 meals in one week is generally not the cause of weight gain over the end of the year holidays. How many of you have made absolutely perfect food choices at Thanksgiving and then turn around and eat every drop of leftovers during the next three days.

The Thanksgiving meal, the Hanukkah meal, Christmas meal, etc., are not the meals to be concerned about your food choices. It is the meals surrounding those times that should be of concern.

The Thanksgiving meal, the Hanukkah meal, Christmas meal, etc., are not the meals to be concerned about your food choices. It is the meals surrounding those times that should be of concern. Over the years I have observed that the person who "diets" at the Thanksgiving meal not only has felt deprived at that meal, but often starts a binge and does not recover until after Superbowl Sunday. Sometimes people who are "perfect" on their diets through the holidays often hit a hard wall about the 20th of January, and then will binge for months on end. Whenever there is a sense of deprivation, there will be a binge to follow it. This is guaranteed. In the weight control department, we have always looked back to see the changes we could possibly make for better control the next year. How many of you have often looked back and agreed that you would have consumed far less calories if you only had enjoyed the holiday meal.

Remember, fast on, fast off, so if you

have "blown" it at one meal, take heart. If you go right back on your food plan, those few pounds will come off as quickly as they went on.

For the rest of the holiday season here are some tips to help you get through this time:

From Appetizer to Dessert Or From the Lips to the Hips

The menu is the heart of a celebration. Making healthier appetizers or desserts calls on the cook to develop a new awareness about ingredients used in preparing foods. These tips should help reduce the fat in party recipes.

Appetizers

- Use nonfat sour cream as a substitute for sour cream based dips. It tastes great and has absolutely no fat. What a wonderful discovery -- we can now go back to our low sodium onion soup dip for vegetables or baked and seasoned chips.

- Use nonfat yogurt cheese instead of cream cheese based spreads and dips. The texture is the same and once you add your seasonings, the yogurt taste is not at all perceptible. We have fooled the best of them with our yogurt cheesecake.

- Offer vegetables, fruits and low-fat crackers with your non- or low - fat dips. Try nonfat tortilla chips or plain bagel chips with a tangy salsa.

- Keep your appetizers light. If not, everyone will fill up on the ramaki and not be able to consume the wonderful dinner you have prepared.

- Avoid frying or sauteing unless you use a low fat, low sodium chicken stock.

- If you are using appetizers only, make sure the protein is baked or broiled on a rack to allow the fat to drip out.

- Use nonstick pans.

- Steam or microwave vegetables without adding fat, especially if you are serving them with a dip.

- If you have time, grill your vegetables and then refrigerate -- they won't need any dip at all.

Desserts

- Use angel food cake instead of higher fat cakes with butter and shortening.

- In many recipes, cocoa powder can be used for chocolate flavor without the fat.

- Two egg whites can be substituted for each whole egg in many baked recipes.

- Much of the fat in cake is in the frosting. Try omitting frosting and top with fresh fruit, fruit sauce, or a sprinkle of confectioner's sugar. Or, try drizzling an icing made without fat.

- Use only one-half to three-quarters the amount of fat called for in a recipe.

- Eliminate nuts, which are high in fat, or use them in small quantities.

When baking, it is important to consider other ingredients as well. Using whole grains in cookies, cakes and other sweet treats will increase their vitamin, mineral and fiber content. When substituting whole wheat for all-purpose flour, use one cup for each cup called for if finely milled, or seven-eighths of a cup of coarsely ground. Other healthful ingredients can be included in breads, cookies and pie, like canned pumpkin -- rich in beta carotene, which the body converts to vitamin A and which may help reduce cancer risk.

A little creative thinking will go a long way in adapting the recipes for foods you love into recipes for foods that love you back -- foods that help keep you, and those you care for, healthy. So Happy Hanukkah, Merry Christmas, and Happy New Year.

Miscellaneous Hints Try Them -- You'll Like Them

Before eating, always ask: "Am I really hungry?" If you have trouble determining

Continued on next page.

Medal Awarded...



HN Phil Hirdning, of the Emergency Medical Department, receives a Good Conduct Medal.

Info-Link QMB...

Continued from page 1.

the-art information systems would need to be deployed... and that's exactly what is going on at Naval Hospital Twentynine Palms.

The QMB overseeing this deployment is the Info-Link or Information Management QMB, chaired by Lieutenant Kris Bingham, MSC, USN, Head, Management Information Department for the hospital. "With the ever changing environment of Information Management and the constant change in software and hardware that we use to manage the flow of automated information, our QMB has been chartered with the complex task of making the hospital's computer systems user friendly," said LT Bingham.

'...Our QMB has been chartered with the complex task of making the hospital's computer systems user friendly...'

At this time computer system hardware and software in the hospital are being upgraded and the Medical-Open Architecture (MED-OA) network is being installed throughout the facility so those computer work stations requiring it will be able to access the Internet.

Eat it all...

Continued from previous page.

the answer, be sure and check the time. If it has not been at least three hours since your last meal, then you are not physically hungry. If you are not physically hungry, then try to do something else. If you are hungry, eat healthfully and thoroughly enjoy, paying attention to how the food tastes.

If you have been given food gifts which you know will destroy your healthful eating plan and perhaps your hips or stomach as well, then consider giving those foods away to people less fortunate than you. This way you can take care of yourself and someone else too!

When you are in charge of the food, always be sure and plan a low fat alternative. If you are not in charge of the food, you can often bring the hostess a low fat gourmet food as a gift. That way you won't become a victim of only high fat food choices.

In addition to working with the automated side of information management, this QMB has also been reminded by its Downlink, Commander Robert E. Connors, MSC, USN, who is the hospital's Director for Administration, to not become totally focused on the automated systems, but to also analyze and improve non-automated means of information. The QMB will also be focusing on how information is interchanged, and the marketing of information to our internal and external customers.

According to CDR Connors, the Information Management QMB is unique in the fact that it will be interacting with all of the hospital's other QMBs to assist them with their own information management procedures.

The Information Management QMB has been chartered to:

- Strategically assess the processes, tasks, structure, technology, and people which comprise the Information Management function, and manage these system determinants to meet the needs of users.
- Publish an Information Management Plan which meets the 1995 Joint Commission of the Accreditation of Healthcare Organization's (JCAHO) Standards.
- Market news regarding Naval Hospital Twentynine Palms to target audiences,

At the Office

Bring low fat snacks that taste great for everyone to enjoy!

Choose one or two of the very best that was brought into your office that day and just eat one-half of the one or two pieces.

Take one bite (small) of each food. Taste only!

Compensate with following a healthy food plan the remainder of the day. Don't feel as though you have blown it and then just eat and eat and eat the rest of the day. Any time you stop is a good time.

At the end of the day, do something special for yourself. Get a massage, call an out-of-town friend, go to the movies, read a novel, spend a quiet evening alone. Choose something special that you enjoy, and just take the time to do it.

using technology appropriate to the communications objective.

• Direct the operations of the Medical Records Committee, Forms Committee, Library Committee, and Information Systems Executive Board.

Those assigned to the committee are:
Chairman: LT Kris Bingham; Nursing Representative: LT Sarah Shultz; Physician Representative: Capt. James Fowler; Admin Representative: HMC E. Windhurst; Public Affairs Representative: Mr. Dan Barber; Ancillary Service Representative: LT Phil Blaine; Health Information Specialist: Ms. Michelle Delamarter; Facilitator: HM2 Jamano Price; Downlink: CDR. R.E. Connors

For information on the Information Management QMB contact Lt. Bingham at extension 2446.

Sick Call...

Continued from page 1.

have been too much. The other option was to conduct Sick Call in the evening hours by setting up a new duty section. However, this would have taken Sick Call people out of the duty rotation at the hospital and made duty unbearable for everyone at Military Sick Call and the hospital. According to LCDR Clifford the best option was to open Sick Call early in the mornings. "We feel that in addition to getting MCCES students in before their classes start, this will also improve access and reduce the waiting time for all patients at sick call," said LCDR Clifford. "The largest group of our patients come in the morning hours, so we get back logged with people waiting to be seen. By expanding the hours we believe the work load will be spread out allowing patients to have less of a wait to be seen," added LCDR Clifford.

"We are going to try this out for a couple of months to see if it works," said HMCS Preston. "If this doesn't handle the problem, then maybe we can look at something else," he added.

According to First Sergeant Daniel Spicer, 1st Sgt. for Company A/ Comm-Elect Maintenance School, who is sitting in this week as the MCCES Sergeant Major, "This move is outstanding, we have needed this for a long time now. All of the company 1st Sergeants have been wanting something like this to happen so we can keep our students in class."

Letters...

High Regard

Dear Captain Chitwood,

I have just completed a series of tests through Captain Hart of Family Practice, and wish to advise that Mrs. Lessley and I have nothing but the highest regard for this Doctor. I had immediate trust in Captain Hart and if he treats every patient as I was treated, you have one great Doctor on your staff. He has become very special to us.

The professionalism demonstrated by Captain Limjoco and his staff in Surgery, in my opinion, would put any civilian hospital to shame.

One of the highlights of my many visits was the way we were treated by Susan, that sweetheart that greets you at Radiology. She treated an old Coast Guard Chief and his lady as one of the family as did the entire staff at Radiology.

You have an organization which gives credit to the Navy. Don't change anything. It's perfect as is.

Very Sincerely,

Buell Lessley

YNCCR, USCG (Ret)

Mastered Medicine

Dear Captain Chitwood,

I truly believe you folks have mastered this country's medical system attested to my recent colonoscopy.

I received the most professional, no-hassle service ever experienced starting with Dr. Jones, followed by Dr. Ostergaard and concluding with Dr. Liberman.

I commend the architects of your system, the doctors and support personnel, they are a true credit to their service and the medical profession!

Please convey my sincere appreciation and that of my wife to a wonderful staff.

Cordially Yours

Dar Grossman, USAF Ret

Marlene Darnell

Finest Professional

Dear Captain Chitwood,

On 1 November 1995, I received a physical examination from Ensign Moser who is a Physicians Assistant assigned to your hospital staff.

I must tell you Sir, that Ensign Moser is the finest medical professional I have encountered to date, not only from your

facility, but from any facility within the last ten years. Ensign Moser treated me with respect and made me feel like he was glad to see me, was concerned for my welfare, and took the time to explain the procedures he was doing and why he was doing them. I felt like he came to work that day just for me.

Please express my appreciation and highest regard to Ensign Moser. He

exemplifies the truest meaning of the Hippocratic Oath and is to be commended for his thoroughness and thoughtfulness in the performance of his duties. Thank you.

Respectfully,
J.A. Thixton

Continued on next page.

Examiner Want Ads

For Sale: 386 SX-16 Desk Top Computer system. Price negotiable. Call 830-2250.

For Rent: 2 BR/2 Bath, Fenced yard, washer/dryer, D/W, Stove, Refrig., Trash/Water paid. Excellent condition. \$425 month plus security deposit. Call 367-1459
Macintosh SE-II Classic with Inkjet Printer \$900. Call 830-2427 or AWH 367-5125.

Ultimate desert residence: 1,900 sq. ft. 3 BR/3BA with fireplace, Jenn-Aire range, sunken family room. Beautifully landscaped with inground pool. Secluded on 2 1/2 acres. Dead-end road with magnificent view. For sale at \$127,500 (negotiable) or rent for \$950 per month. Call owner (Drs. Petre) at 367-2415 or Libby's Realty (Barbara Dunn) at 367-9521.

Custom built home: 3 bedrooms, 2 bath, formal dining room, sunken living room, stone fireplace, tile floors, 2 covered patios, fenced, desert landscaping. Asking \$117,000 or will lease. Call (619) 367-5839 and ask for Larry or Judy.

For Sale or Lease: 3 bedroom, 1.5 bath home. 16X30 above ground pool, double carport, 1,803 sq. ft. Large fenced yard, 60' covered patio, landscaped. \$81,500 or \$685 per month lease (minimum 1 year). Call (619) 830-2189 for more information.

House for rent. Joshua Tree, Friendly Hills area, 3 bedrooms, 1 3/4 baths, fireplace, dishwasher, disposal, stove, laundry room, natural gas, large screened porch, large yard with trees and flowers, covered patio, fully fenced, new roof and swamp cooler. Cable ready. Available now. \$600 per month. Call (619) 366-8833.

Lovely House For Rent in Joshua Tree, 2,100 sq. ft., 2 bdrms, 1-3/4 bath, fireplace, planters and small pond in living room, kitchen with floor to ceiling ceramic tile, built-in refrigerator and built-in freezer, gas

stove top, electric oven, dishwasher, disposal, walk-in pantry, separate dressing room, huge den with bar, washer-dryer area, oversized double garage, block wall fence surrounding 2 level back yard, cable ready, swamp cooler and refrigerated air. Spotless. Available now. \$700. 366-8833.

1991 Yamaha VMAX 1200cc, 26,000 miles. \$4,000 OBO. Call Steve at 367-9263.

For Sale or Rent: 3 Bedroom, 2 bath with above ground pool. 5629 Cahuilla. \$650 mo. rent, \$82,000 purchase. Call Marr Realty at 367-3568. Available now.

Jacuzzi: Excellent condition, 4 years old, electric, seats 6-8 people, \$2,500 OBO. Oak Dining Room Suit, Country style, includes large round table and 4 large high back chairs and large lighted hutch, like new, \$850 OBO. Call Donna at ext. 2430 or 367-940 AWH.

1984 Mustang Convertible. 5.0 GTO High Performance (needs cosmetic attention) \$3,400. Black with black top. This machine is seen in the hospital parking lot. Call Ruth at ext. 7544 or AWH at 369-1606

For Sale: One owner home, 7 years old in Joshua Tree. 2 bedroom, 1 bath 920 square feet. Fenced back yard, swamp cooling, 2 car garage with spare bedroom/office. Assumable VA loan. \$59,000 or \$5,000 down and assume loan. Contact HM1 Deluna at ext. 2526 or home at 366-8192.

Write up what you want listed in your ad (please keep it as brief as possible to allow participation by others, space is limited). Ads cannot be business related. For more information on how to get your ad listed here, call the Public Affairs Office at x2362.

More Letters...

Commend the Staff

Dear Captain Chitwood,

This is a letter long overdue. I wish to commend the staff in the Multi-Service Ward during my stay. Captain Ragan for beginners and the remaining crew.

In my hour of need, I received nothing but the finest care in any hospital I stayed. The base hospital was the finest in service, food and sympathy. I was overwhelmed by the care and caring by all hands. This was very heartening for a 73 year old man close to desperation. I don't know where I will be in the future but my heart and mind will always be at the base hospital in 29 Palms.

John Ogle

Many Thanks

Dear Captain Chitwood,

Many thanks to all of you wonderful people who took great care of my son Brad and got him down to Loma Linda -- he now appears to be near full recovery. Thanks again, Wayne Nelson.

Can't thank you enough! To everyone on duty the early morning of Oct. 21.

Thanks for everything you all did. I spent the next 6 days at Loma Linda. I wish I could remember everyone's name. Again, thanks to Dr. Bluth and the Corpsman who stayed by my side all the way, and the ambulance driver.

LCDR Satonik

Dr. Bluth

LT Hoffman

HN Heinzman

HM2 Dodson

HA Federson

*Thanks,
Brad Nelson*

Thank You

Dear Captain Chitwood,

Many thanks for the splendid care given to my husband Capt. Robert Sutte on Sunday, October 29th.

Your team is the best!

LCDR Montana

Dr. Moore

LT Boyd

ENS King

HN Woodruff

HN Reynolds

HN Dixon

HN School

HN Hirdning

Mrs. Sutte

20 November 1995

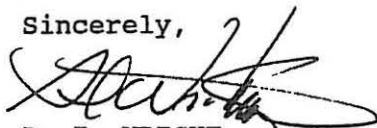
Dear Captain Chitwood,

A note of thanks to you and your hard working staff for the excellent coordination and support of Dr. Joseph's visit 2-4 Nov 95. It was refreshing to be around the proud professionals of your hospital staff. The hospital once again looked great!

I would especially like to express my thanks and appreciation to CDR Connors for a well-planned and orchestrated itinerary. His efforts allowed the maximum use of very limited time and the dinners he arranged struck just the right chord for the visit. Dr. Joseph was very much in tune with the desert hospitality. Additionally, please ensure HM3 Sargeant, HM3 Hall, and HN Sandling are recognized for their outstanding professionalism and conduct in carrying out their assigned duties as drivers.

Once again, thanks for the wonderful hospitality--I look forward to future visits to Twentynine Palms.

Sincerely,



D. I. WRIGHT

Rear Admiral, Medical Corps

U.S. Navy

The Medical Officer,

U.S. Marine Corps

CAPT Carl S. Chitwood, MSC, USN

Commanding Officer

Naval Hospital MCAGCC

Box 788250

Twentynine Palms, CA 92278-8250

All Out Service

Dear Captain Chitwood,

With the reduction of medical services for active duty and retired persons and their dependents, and subsequent reports of curtailed services, my wife and I were reluctant to even ask for medical care at Twentynine Palms MCAGCC. Much to our surprise, we found not only was care available, but the entire staff seemed pleased to go "all out" to get it arranged. It has come about by people who gave care

far beyond what we expected and considered normal -- fantastic care by fantastic people in a fantastic facility.

Special thanks to Doctors Hart, Harris, A. Petre last year, and L. Ostergaard this year, to LCDR Longenecker and to all those working in Family Practice and the Lab for their special interest and care.

Sincerely,

*Paul D. Scruggs, Sr.
MSgt. USAF retired*



HEALTH AFFAIRS

THE ASSISTANT SECRETARY OF DEFENSE

WASHINGTON, D. C. 20301-1200

Captain Carl S. Chitwood, MSC, USN
Commander
Naval Hospital Twentynine Palms
Twentynine Palms, CA 92278

Dear Captain Chitwood:

I would like to express my most sincere thanks to you for hosting my visit to Twentynine Palms.

The trip provided me with a greater insight into the challenges facing your command in the implementation of TRICARE and the delivery of health care within your area. It also provided me the opportunity to witness first hand the wide range of operational readiness medical initiatives and challenges facing your command. I was most impressed with the quality of your staff and your efforts to reach out and educate your beneficiaries on the TRICARE Program.

I would be most remiss if I were not to mention the outstanding support provided by Captain Hart, Captain Limjoco, Commander Connors and the other members of your staff. Their outstanding efforts in arranging the accommodations, transportation and itinerary greatly enhanced the productivity and enjoyment of the visit.

Please convey my thanks to all of those who assisted in making my visit a complete success.

Sincerely,

A handwritten signature in black ink, appearing to read "Stephen C. Joseph", is written over a horizontal line.

Stephen C. Joseph, M.D., M.P.H.

Naval Hospital Hard Chargers...

Advancement List is Out

Congratulations to the following personnel of Naval Hospital Twentynine Palms who were selected for advancement from the September Advancement Exams.

Those selected for their "crows" and who will be advanced to HM3 upon completion of the Petty Officer Indoctrination Course are:

Mathew Berner of the Multi-Service Ward

Robert Brenneise of Military Sick Call

Wayne Buckles of Periop Nursing - PACU

Amanda Nofstier of the Nursery

Brian Ringgold of Labor and Delivery

Lagonn Selles of the Lab

Miranda Kelley of Personnel.

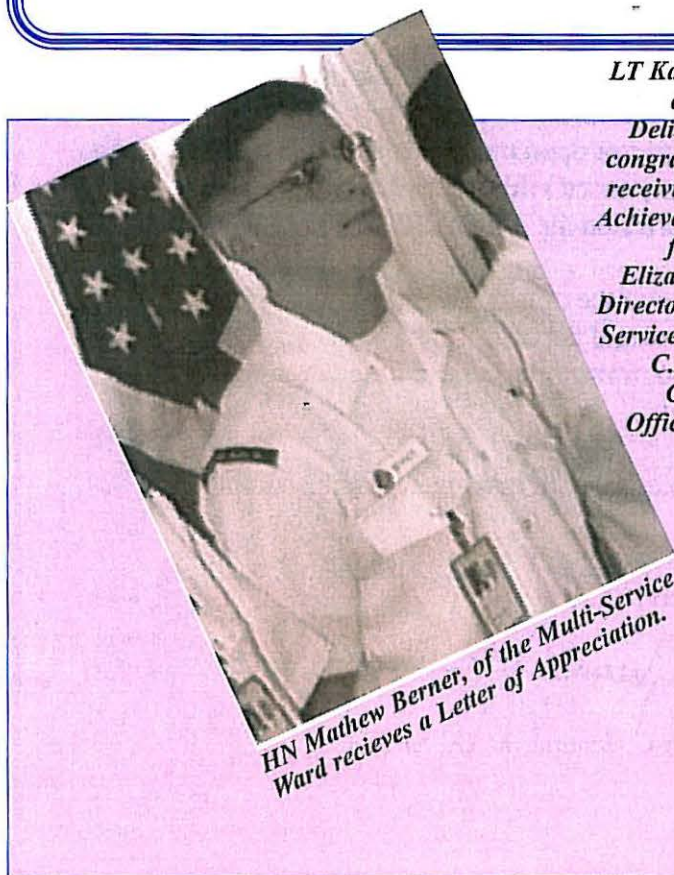
New Second Class Petty Officers are **HM2 Robert Barton** of Radiology and **HM2 Teresa Fullingim** of Military Sick Call.

The hospital's newest HM1 is **Steven Miller** of the Optometry Department.

Congratulations to all. Getting promoted in today's Navy is quite an accomplishment as everyone can attest to.



LTJG Elizabeth Welchcarre receives a Letter of Commendation from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms.



HN Mathew Berner, of the Multi-Service Ward receives a Letter of Appreciation.

LT Karen Funaro, of Labor and Delivery receives congratulations on receiving her Navy Achievement Medal from Captain Elizabeth Kozero, Director of Nursing Services as Captain C.S. Chitwood, Commanding Officer, looks on.



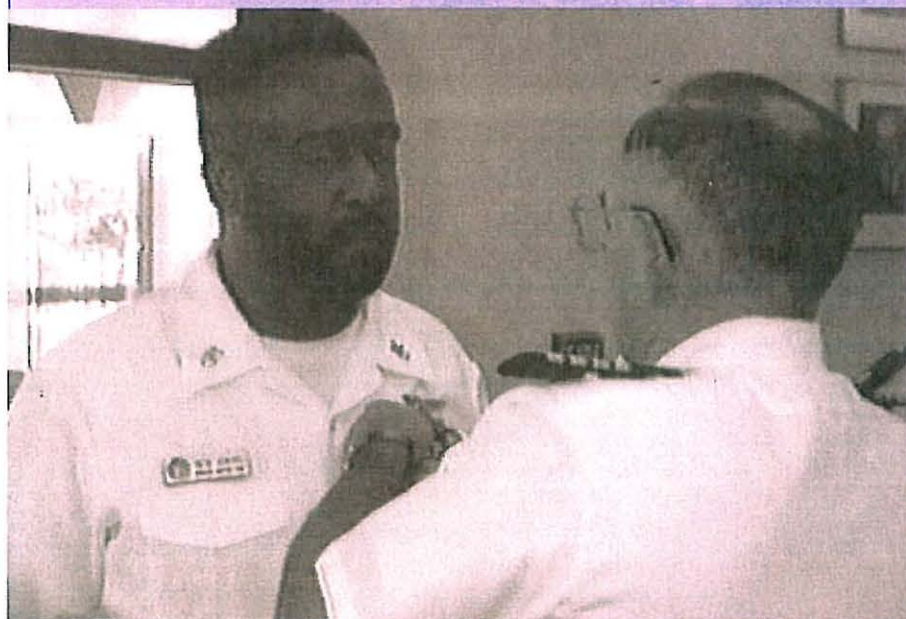
HM3 Caroline Northedge, of Periop Nursing, receives a Good Conduct Medal from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms.



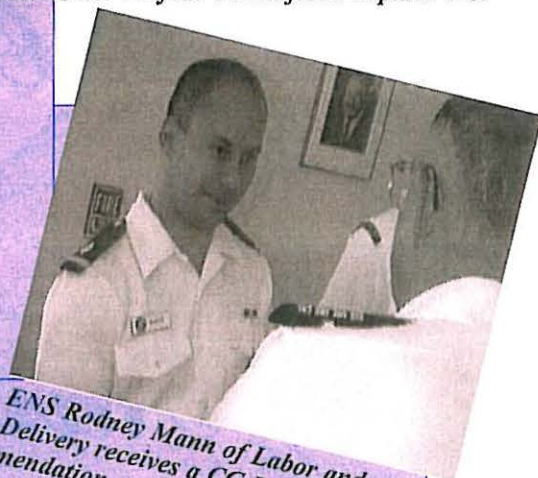
HM3 Karoline Niemeyer of Obstetrics/Gynecology Department takes the oath of enlistment for another two years.



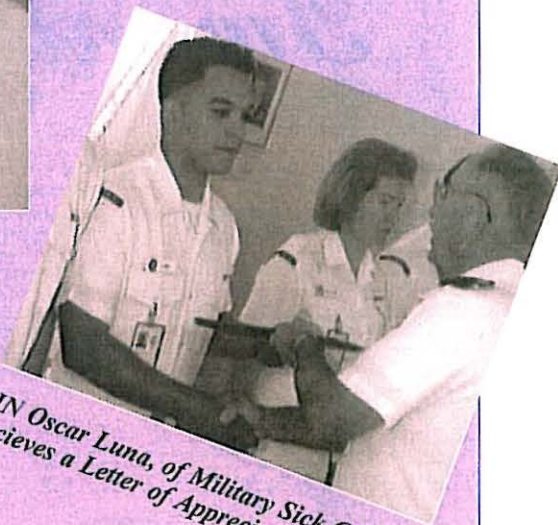
Edna Harrison, Office Automation Clerk in the Comptroller's MEPRS Division receives her 10-year award from Captain C.S. Chitwood.



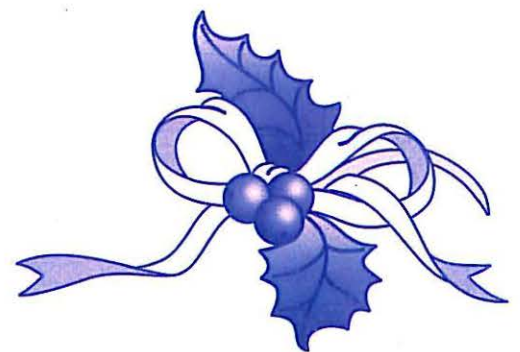
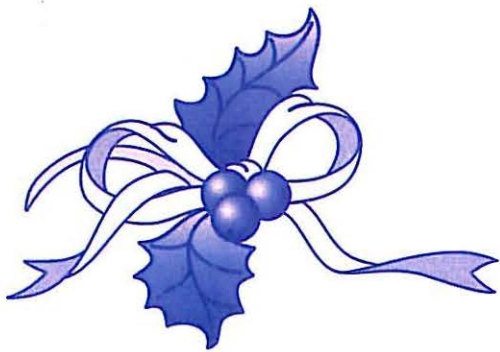
HMCM Clifton Howard, Naval Hospital Twentynine Palms Command Master Chief receives a Navy Commendation Medal from Captain C.S. Chitwood.



ENS Rodney Mann of Labor and Delivery receives a CG Letter of Commendation.



HN Oscar Luna, of Military Sick Call, receives a Letter of Appreciation.



*Happy Holidays
to One and All
From
Naval Hospital
Twentynine Palms*

